



How to Awaken and Step Up The Creational Dance of Your Life At Any Age!

FREE INTRODUCTION

Tuesday, March 30, 2010 6 – 8 PM

Dahlonega Healing Arts

81 Crown Mountain Place, Bldg E, Suite 100, Dahlonega, GA 30533

Natural Rhythms is a safe and joyful journey of discovery,
through connection with the natural world,
that assists in setting a course for your life's highest good.

**Meet Bonnie Salamon – Charter Facilitator for Natural Rhythms
Entrepreneur –Aging Well Expert - Columnist - Lecturer - Lifelong Learner
&
Susan Kersey – Charter Facilitator for Natural Rhythms
Holistic Wellness Consultant**

The Elements Will Meet You Where You Are You Will Experience:

Earth - The Physical Realm

Life's changes: body transitions, finances, time, & energy

Water - The Emotional Realm

Moving through loss; setting your vibrational tone

Air - The Mental Realm

Using your imagination, and setting intention as you age

Fire - The Action Realm

How to continue taking action when you are slowing down

Spirit - The Spiritual Realm

Your changing relationship with your Higher Power

For additional information, call Bonnie Salamon – 706 865 7057
or go to www.autumnsfire.org.
Also visit the Natural Rhythms website – www.naturalrhythms.org